

White Crane Spreads Wings

1. Start in "Hold the Ball" on the Right.
2. Step sideways with your left foot, heel down first.
3. As you shift your weight onto your left foot, "unfurl" your left hand up, raising it above your head with your palm facing forward. At the same time, sweep your right hand down to your right hip (palm facing down.)
4. Optionally, as you are sweeping your right hand down, you can lift your right knee so you are standing on one leg. *This is optional and is not a required part of the move.*
5. Return to "Hold the Ball" on the Left side by bringing your left hand down to the left shoulder to form the top of the ball, right hand up to support the bottom of the ball and bringing your right foot in to rest on the ball of the foot.

Sorry, no photos of this move yet.